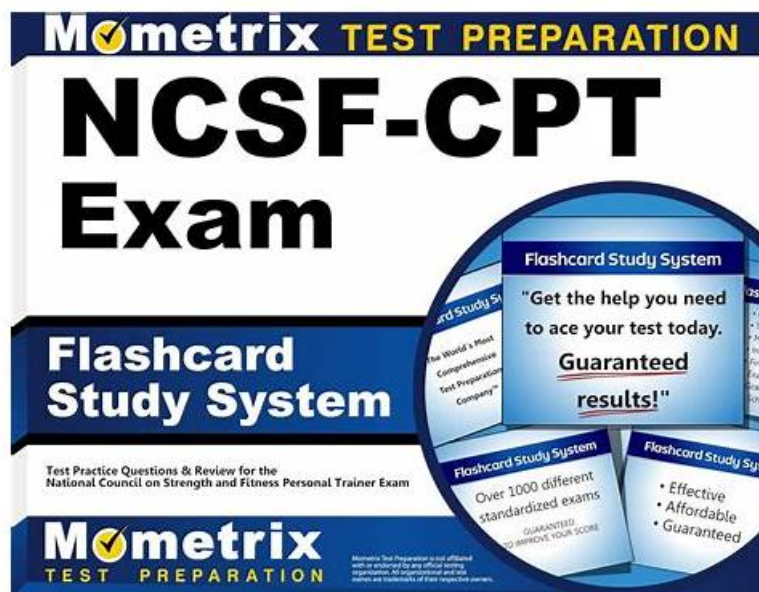


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Fitness National Council on Strength and Fitness Personal Trainer Exam Sample Questions (Q34-Q39):

NEW QUESTION # 34

Your client is in the maintenance stage of behavior and is exercising regularly. One day she cancels her appointments with you, claiming she has too much to do at work. If she abandons her exercise routine completely, it is called a

- A. lapse
- B. relapse
- C. self-challenge
- D. self-change

Answer: D

Explanation:

A relapse is when a person stops their positive behavior and, as a result, loses the positive benefits he or she had gained. Many conditions can lead to relapse: work pressures, boredom, and increased travel are only a few. Although similar, a lapse is a temporary stop in positive behavior. Had this client returned after a week or two, her exercise routine would have lapsed, but she would have likely maintained or quickly regained the positive benefits.

NEW QUESTION # 35

An individual's flexibility can be assessed by which of the following?

- A. A one-repetition bench press
- **B. A push-up test**
- C. A sit-and-reach test
- D. A curl-up test

Answer: B

Explanation:

A sit-and-reach test can measure the flexibility of an individual's lower back, hip, and hamstrings. A one-repetition bench press is used to assess muscular strength or muscle force. Both the push-up test and the curl-up test are used for measuring muscle endurance.

NEW QUESTION # 36

Which of the following conditions is an absolute contraindication for exercising during pregnancy?

- A. Heavy smoker
- B. Poorly controlled seizure disorder
- C. Ruptured membranes
- **D. Poorly controlled hypertension**

Answer: D

Explanation:

Recent research supports a role for exercise programs during pregnancy. Goals of this type of program can include reducing low back pain and decreasing the risk for developing gestational diabetes. However, there do exist a number of absolute contraindications. Some of these include ruptured membranes, placenta previa after 26 weeks of gestation, premature labor, preeclampsia, and high-risk multiple gestation pregnancies. In contrast, relative contraindications include the individual being a heavy smoker, having poorly controlled diabetes or seizures, or having poorly controlled hypertension or hyperthyroid disease.

NEW QUESTION # 37

Goals that a trainer helps a client set should be all of the following EXCEPT

- A. Broadly defined
- B. Measurable
- **C. Action-based**
- D. Time-limited

Answer: C

Explanation:

Goals that are most helpful are those that are specific, very well defined, able to be measured, realistic, and have a time constraint on them. The actions a client needs to take should be specifically defined. For example, a goal may be that a client will walk on his treadmill at a pace of 3 mph for 30 minutes on Monday through Friday before going to work.

NEW QUESTION # 38

How much weight loss is appropriate for an obese individual with a BMI greater than 30?

- A. 2 kg a week
- **B. 1 kg a week**
- C. 3 kg a week
- D. 4 kg a week

Answer: B

Explanation:

People who are obese have a BMI greater than or equal to 30. These individuals are at a high risk of cardiac problems, certain types of cancers, and diabetes. Among other areas, training programs can focus on weight loss, promoting appetite control, and lowering the risk of associated medical issues. Weight loss should be gradual-not more than 1 kg per week. Aerobic training sessions five to seven times a week lasting 45-60 minutes per session may be helpful.

NEW QUESTION # 39

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